

# Guidelines for Prescribing Supplemental Fluoride

TABLE 1. Recommended dietary fluoride supplement\* schedule

Age	Fluoride concentration in community drinking water <sup>†</sup>		
	<0.3 ppm	0.3–0.6 ppm	>0.6 ppm
0–6 months	None	None	None
6 months–3 years	0.25 mg/day	None	None
3–6 years	0.50 mg/day	0.25 mg/day	None
6–16 years	1.0 mg/day	0.50 mg/day	None

\* Sodium fluoride (2.2 mg sodium fluoride contains 1 mg fluoride ion).

<sup>†</sup> 1.0 parts per million (ppm) = 1 mg/L.

**Sources:**

Meskin LH, ed. Caries diagnosis and risk assessment: a review of preventive strategies and management. J Am Dent Assoc 1995;126(suppl):1S–24S.

American Academy of Pediatric Dentistry. Special issue: reference manual 1994–95. Pediatr Dent 1995;16(special issue):1–96.

American Academy of Pediatrics Committee on Nutrition. Fluoride supplementation for children: interim policy recommendations. Pediatrics 1995;95:777.



## Questions to Ask Before Prescribing a Fluoride Supplement

1. What is the source of the child's drinking water –community water supply, private well, bottled water?
2. Is the child receiving fluoride from other sources – prescription, vitamins, school water?
3. How much fluoride is in the drinking water supply?

## Who to Contact For Fluoride Level in Drinking Water

1. Community Water Provider – Contact local water department or home owners' association. You will need to know home address.
2. Regional Office of Idaho Department of Environmental Quality – See other side for list of Idaho Regional DEQ Offices. You will need to know name of subdivision.
3. Certified Drinking Water Analysis Laboratories – For private well water, it is necessary to have the water fluoride level tested before prescribing a fluoride supplement. Cost is \$10-12. See telephone book yellow page listings under *Laboratories – Analytical* or view list at [www.deq.state.id.us/water/dw/water\\_analyses\\_labs.htm](http://www.deq.state.id.us/water/dw/water_analyses_labs.htm).
4. Bottled Water Company – The amount of fluoride in most bottled water is less than 0.3 parts per million, but some contain fluoride in the optimum range of 0.7 – 1.2 ppm. Current FDA regulations require that fluoride be listed on the label only if the bottler adds fluoride during processing.
5. My Water's Fluoride – <http://apps.nccd.cdc.gov/MWF/Index.asp>. This website is sponsored by the Centers for Disease Control and Prevention and will have Idaho water fluoride levels available for public access in the near future.

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## **Reference**

**Recommendations for Using Fluoride to Prevent and Control Dental Caries in the United States.**  
Centers for Disease Control and Prevention. MMWR 2001;50 (No. RR-14).

<http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5014a1.htm>



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